

Virtual Mental Health *First Aid*

National 3-year Certification

100% On-line & 100% Free

All EMS, Law Enforcement, Nurses and First Responders working in Boca Raton and neighboring communities are eligible to receive this life saving certification course. This virtual program environment allows for seasoned professionals and students in the field, to engage together on the same virtual learning platform. [Click Here to Register](#) - OR - email questions to MHFA@BRPromise.org



Self-Paced On-line courses are provided at **NO COST TO PARTICIPANTS**, thanks to grants from the Boca Raton Regional Hospital Foundation, Boca Raton's Promise and ongoing support from the Palm Beach County MHFA Coalition, Alpert JFS and PBC Behavioral Health Coalition.

Questions? Call 561-715-0447.

What You Learn:



Signs of mental illness and addictions



Impact of mental and substance use disorders

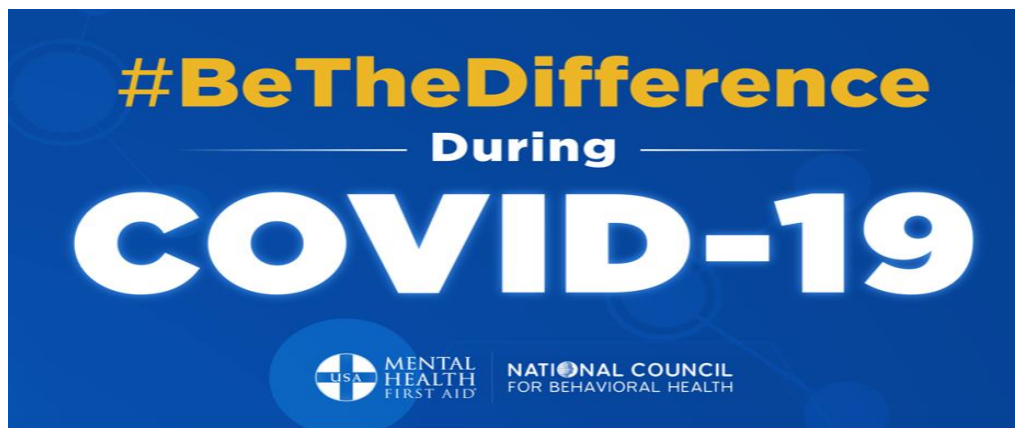


5-step action plan to assess and provide help



Local resources and where to turn for help

Mental health and well-being are key to a healthy, productive community and workforce. Many people are experiencing increased feelings of stress and fear because of COVID-19 and feelings of isolation because of physical distancing requirements. This is why it's more important now than ever before, for employers to make mental health a priority and provide staff with the tools and resources they need to support one another and the increasing number of mental health related challenges, during and after this pandemic.



Identify. Understand. Respond.

Just as CPR helps you assist an individual having a heart attack — [Mental Health First Aid](#) helps you assist someone experiencing a mental health challenge or related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.



For more information visit: <https://www.bocaratonspromise.org/mental-health-first-aid>